









## A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown, and I could hardly stand, and had headaches every day. I tried everything, but I was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better, and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my commission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Moderate Circumstances. "How about the people who have just moved in next door?" "They seem to be fairly well off. I should call them a flitty record family."

"What do you mean?" "I was referring to their supply of canned music."—Birmingham Age-Herald.

## IF THIN AND NERVOUS, TRY PHOSPHATE

Nothing Like Plain Bitter Phosphate to Put on Sublimed Fish and to Increase Strength, Vigor and Nerve Force.

When one steps to consider the host of thin people who are searching continually for some method by which they may increase their flesh to normal proportions, the filling out of ugly hollows, the rounding off of pointed hips, the attainment of bloom of health and attractiveness, it is not surprising that many and various suggestions along this line appear from time to time in public print.

While excessive thinness might be attributed to various and subtle causes in different individuals, it is a well-known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Phosphorus, as humans and animals by many scientists have demonstrated, is a constituent of the blood, and a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in a book "Chemistry and Food Nutrition," published in 1918, says: "Phosphorus is a constituent of the blood, and a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in a book 'Chemistry and Food Nutrition,' published in 1918, says: 'Phosphorus is a constituent of the blood, and a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in a book 'Chemistry and Food Nutrition,' published in 1918, says: 'Phosphorus is a constituent of the blood, and a body deficient in phosphorus becomes nervous, sickly and thin.'"

CAUTION: While Bitter Phosphate is unsurpassed for the relief of nervousness, general debility, indigestion, and loss of sleep, do not desire to eat on flesh should use extra care in avoiding fat, greasy, rich foods.

**MRS. WINSLOW'S SYRUP**

Makes Babies Happy

by causing good digestion, and regular bowel movements. Contains nothing harmful—no alcohol, no opiates, no sugar, and is perfectly safe. Especially recommended for teething children. At all druggists.

**PARKER'S HAIR BALM**

A sure preparation of menthol, eucalypti, and other medicinal herbs. For restoring color and beauty to grayed and faded hair. Cleanses scalp and removes dandruff.

**BABEK**

The Quick and Sure Cure for MALARIA, CHILLS, FEVER, AND LA GRIPE. It is a Powerful Tonic and Appetizer. Will cure that tired feeling, lack of energy and loss of appetite. Contains no opiates, no habit-forming ingredients.

**GRANGER LIVER REGULATOR**

FOR ALL LIVER AND BILIOUS DISORDERS. PRICE 25 CENTS. GRANGER MED. CO., CINCINNATI, OHIO.

**S40%**

Hand Made Baby Hats. Direct from factory. For fifty-cent centers, \$5.00 for 100 postpaid. Money back guarantee. Write today. Catalogue Free. FLORIDA PRODUCTS CORP., Tampa, Fla.

Show us a homey baby and we'll show you a father that admit it looks like its mother.

Cuticura for Sore Hands. Soak hands on retting in the hot sides of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with tissue paper. This is only one of the things Cuticura will do for you. Ointment and Talcum are used for all toilet purposes.—Adv.

What is the definition of a modern man? "Anybody who has a head in a separate case."

## Uncle Jake's Best Joke

By JANE OSBORN

(Copyright, 1919, by the McClure Newspaper Syndicate.)

Maud pouted—not the piquant arch pout of her courtship days but the scolded-child pout that she dared not judge in now that she was really married to the embodiment in her eyes, of all masculine charms and virtues—Rodney Blaine.

"I think you are a mean old thing," she unbuttoned with some heat. "To have to have him along with us, he'll just spoil everything. It isn't that I don't like him, but he is such a dreadful joker!"

The joker referred to was none other than Rodney's uncle, Jacob Blaine, a slightly built but erect old gentleman, who at three score and five had given up business and determined to lead the rest of his days in the open. If he had none of the crotchets which are sometimes ascribed to those of advanced years he had some of the foibles that had been characteristic of his boyhood. Nothing pleased him better than a practical joke, though his jokes were always of a kindly nature and, so far as any one knew, they had never caused any one real discomfort.

But Maud took herself, and above all she took Rodney, amazingly seriously. Now that summer had come, the Rodney Blaines had made arrangements to depart from the city for the woods, where Rodney owned a small mountain cabin.

He had just announced his intention of encouraging Uncle Jake to occupy a smaller cabin not many rods from theirs which he would make his headquarters for his fishing and outing trips; and he would share the company of his nephew and niece in many of his hours of inactivity.

"Well, my dear," Rodney assured his wife, "it isn't at all as if he were critical or intended to interfere with you in any way. There is no one else he likes so well as you—and me. He's the best sport in the world and what if he does pull off a practical joke once in a while? I rather like his joking."

"Like his joking?" echoed Maud, and her eyes flashed fire as much as if she were as blue as hers ever could snap fire.

"And, besides," said Rodney, as he went on inspecting the fishing paraphernalia that he had recently purchased as preliminary to the vacation in the woods, "besides, uncle has willed everything he has to us. That shows that he is devoted to us."

Maud it this accused her husband of being mercenary, though had any one else made this accusation she would have laughed it off.

The result was that Uncle Jake went with the Rodney Blaines, and this was not because Rodney acted contrary to his wife's pleadings, but because after having protested and pointed she assured her husband that he was right as in all other cases and that she was sorry that she had shown such prejudice and would try to feel as strong attachment for Uncle Jake as did her husband.

Then she regretted her good nature. First she disguised as possible game warden and called at the cabin one day when Rodney was not at home and informed Maud that her husband had been violating the game law and would have to serve a life imprisonment. Maud, in spite of her ardent suffrage principles, was quite ignorant of the law and before she recognized Uncle Jake in the heavily false-bearded person, she had offered him her entire worldly wealth if he would go away and say nothing to the authorities concerning Rodney's guilt.

Then on the day that she went fishing with him, she contrived to have her book attach itself to a little pack that he had brought with him to the brook and, which proved, after Maud had excitedly angled for five minutes, to contain a can of sardines—a delicacy for which she had a decided aversion and of which Rodney and Uncle Jake, not knowing this, had set in a large supply.

Mild and even stupid jokes both of these—yet Maud allowed herself to be annoyed by them.

"He's a dear in many ways," she told Rodney the evening after the sardine episode, "but so long as he jokes I cannot stand him."

"I wasn't going to tell you," Rodney replied, "but you see it is just because Uncle Jake does joke that I'm so attached to him. If he hadn't been a joker, you'd have been Mrs. Somebody else and I'd be a disconsolate old bachelor."

It was in midsummer and Maud—the eighteen-year-old Maud who pouted very archly that first time when her curls merely tied in the back of her neck, merely four or five hundred miles away from Rodney, who was working

War's Havoc in Wales. "Only those on the spot," says a correspondent of a London paper, can fully realize the devastation of the woodland portions of North Wales, which has been carried on for the past three years. This is notably the case in Gwyneddshire, where whole valleys and mountain sides have been robbed in order to satisfy the demand of the government for pitprops and railway sleepers. Notwithstanding the fact that the timber already felled and removed runs into many thousands of tons, the process, according to the terms made with the contractors, will extend in some cases into next year.

Almost an Unknown Race. In the extreme north of the Russian Empire, the Archangel dwells one of the most primitive and least known races of the world. They are the Samoyeds, who are of a low stature and are

in the city in the office of the Uncle Jake who had not yet found occasion to retire.

Rodney had danced with Maud on several occasions, but as her father had done, and as he had done to a dozen or so besides. Of course he thought she was pretty, and when there were other men trying to put their names on her dance card Rodney was always as eager as the others.

But it had never occurred to him that he might want to marry her. In fact Rodney, in spite of his twenty-five years—had never thought very much about wanting to marry any lady.

But Maud at eighteen had definitely made up her mind, that fateful some where beneath those soft brown curls, that she did want to marry, and that she wanted to marry Rodney Blaine, though she would have died rather than to have let any one suspect this, than to have let any one suspect this.

She had convinced herself, and at eighteen one convinces oneself, that there was no hope. She had smiled and pouted as archly for Rodney as she had for Tom and Bill and Walter, and Tom and Bill and Walter had all in their own way let Maud know that they found her distracting and that they dreamed of no greater happiness than to be her slaves for life.

But Rodney had made no such pretensions and, though he always asked for dances when he was about, he managed to dance with other pretty girls if she refused him.

Maud had thought it all out in her eighteen-year-old mind. She was quite sure that the case was hopeless, and that she herself had decided between the place where she must decide between the life of a girl in the city or the life of a girl in the country, and the alternative of marrying the man she merely liked.

This man was Walter. Walter had come up to her mother's country place to press his suit with considerable persistence. Maud had assured Walter that she didn't really love him, but had flubbed in saying that she loved no one else.

When she thought it over quite definitely and decided that as she was neither musical, artistic nor literary, and had no sisters or brothers to whose children she might devote herself, she had better be married, if only for a home and to have some one manage her affairs. In Walter assured her again before he went back to the city she had determined to accept him.

Then came the special messenger from the post office, ten miles away, bringing that ten-pound box of the choicest candy that the most expensive candy shop in the city had for sale.

Maud opened it, and out dropped a card that simply bore the engraved name of Rodney Blaine. That changed everything. Walter went back to the city unprepared for his trip, incidentally asking another girl to be his wife, and was accepted.

The same locomotive that bore him back to the city and away from Maud, carried a letter from Maud to Rodney, that showed between the lines that she had been thinking as much of him as the candy showed that he had been thinking of her. Incidentally, the next mail carried an invitation from Maud's mother to Rodney to spend part of his vacation at their cabin, and—well, it was then that Rodney discovered what he had been too stupid to guess before, that Maud really was the most charming girl of his acquaintance and the one he had been in love with from the first.

"It was Uncle Jake that sent that candy," Rodney told Maud. "He was in one of his joking moods and he took your name because it was the first one he came across. In my address book, then he got hold of a card of mine and on went the candy. You see I had always loved you, Maud, but I didn't know I had a ghost of a chance. I thought you were all in favor of that Walter Bates. So if it hadn't been for Uncle Jake's tendency to joke, I never would have had the nerve to ask you. I never could have guessed how things were."

Maud was in a reminiscent mood that brought to her lips a pout that was arch and piquant. "I'm sorry I said what I did about him. Really I think he's a dear and I really didn't mind a bit about the sardines."

Lights for Surgery. The discovery that a pure red light is complementary to the greenish yellow of the iris, makes the eye more sensitive to the others has made possible the use of X-rays, during a surgical operation, without danger to the surgeons.

In the past it was necessary for the surgeon to work with his hands exposed to the harmful influence of the rays, and also with a mere shadowy light of the rays themselves to work by. Now it has been found, through the experiments of a French surgeon, that operating with a bright red light alternating with the X-rays makes the operation itself easier, and also the alternating lights make the eyes especially sensitive, so that the most delicate and minor details of the X-ray shadows seem clear.

When Tobacco Was Currency. For many years tobacco was currency in the colony of the Virgin Islands of the West Indies. So, having the purpose of the silver certificate serves as a model.

It was honored in all the local banks, taxes and public levies, fines, and gambling debts, wedding fees, and funeral expenses were paid in tobacco.

Transporting the Samoyeds and his belongings from spot to spot in search of the game fish which constitute his principal subsistence. Dead, it provides him with meat in times of scarcity, and with skin for his family tent. With its sharpened bones he tips his wooden fishing harpoons and hunting spears. It serves him as a sewing needle, and which are the attire alike of the Samoyeds men, women and children.

Big Egg Loss Preventable. Consumer Compelled to Pay Higher Price for That Portion Which Finally Reaches Him.

(Prepared by the United States Department of Agriculture.)

The first requirement of young chicks is warmth. Chicks need in a temperature of 102 degrees to 105 degrees F. When brooded by hens they remain under the mothers nearly all the time for two or three days. Chicks shipped in small boxes are kept warm by the heat of their bodies so long as the boxes are not exposed to near-freezing temperatures, but this natural heat is not sufficient when they are given more liberty.

Young Chicks Need Warmth. When Brooded by Hens They Remain Under Mothers Nearly All the Time for Three Days.

(Prepared by the United States Department of Agriculture.)

In marketing poultry and eggs there is an enormous preventable loss in quality and value between the producer and the consumer. It has been conservatively estimated that this loss amounts annually to \$75,000,000 in poultry and \$35,000,000 in eggs. While this loss falls upon all who handle poultry and eggs it is borne chiefly by the producers and the consumers. The producers' loss, caused by a decrease in price, under present conditions represents that due to spoilage or poor quality. The consumers' loss is due to a curtailed supply because of the loss of poultry and eggs.

Encourage Pullets to Lay. Avoid Any Interruption of Regular Habits or Radical Change in Fowls' Diet.

(Prepared by the United States Department of Agriculture.)

The growing pullet is a creature of habit, thoroughly addicted to regularity and vigorously opposed to disturbance and unusual commotion. It is essential for the good of the flock in its entirety that the pullets should grow and improve like clockwork from the time of hatching to maturity. Laying is often retarded by seemingly trivial disturbances, such as moving the fowl from place to place and changing the makeup of the ration.



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In order to insure early egg-set to it that the growth of the pullets is not retarded in any manner whatever. Almost without exception the pullet whose growth from hatching to maturity has been regular, not subject to checks and interruptions, is an early layer.

As a rule, egg production begins at all life of regularity, the pullet or hen whose egg production is regular, the physical growth and development of the reproductive organs. Generally



A Flock of Well-Developed Pullets Ready to Begin Laying.

Influences which hinder growth also operate to delay egg production for several months. Any disturbance affecting the habits, quarters, or comfort of the pullet at any stage of her life may retard laying. Shifting the birds from place to place and abrupt changes in the diet often disturb the fowls enough to retard laying. In fact, poultry fanciers who desire to keep pullets in condition for exhibition often use this means of keeping them from laying. On the average, pullets about to begin laying are more sensitive to disturbances than at any other stage of their growth, and therefore require greater care in handling.

It is imperative that every poultry keeper exercise the maximum of caution from the time the chicks are hatched until the pullets attain maturity, so that the fowl will make regular growth and not be subjected to any factors which will stunt or divert the proper development of the birds. The alphabet of proper management of the pullets emphasizes such factors as correct nourishment, constitution, exercise, and cleanliness. Given the proper care and surroundings, the early-hatched chick will develop into a profitable, early and persistent producer of eggs. This is the goal toward which every poultryman should work.

**B. A. THOMAS' POULTRY REMEDY**

Means Plenty Eggs and Healthy Chicks

OLD KENTUCKY MFG. CO., Inc., Paducah, Ky.

W. N. U., BIRMINGHAM, NO. 34-1919.

A lot of folks stretch the tape a foot when they begin measuring their own accomplishments.

Indignation is a bitter pill to swallow. Dr. Perry's "Dead Shot" is powerful but safe. One dose is enough to expel worms from the system. No castor oil necessary. Adv.

A vain man always makes a great deal of himself.

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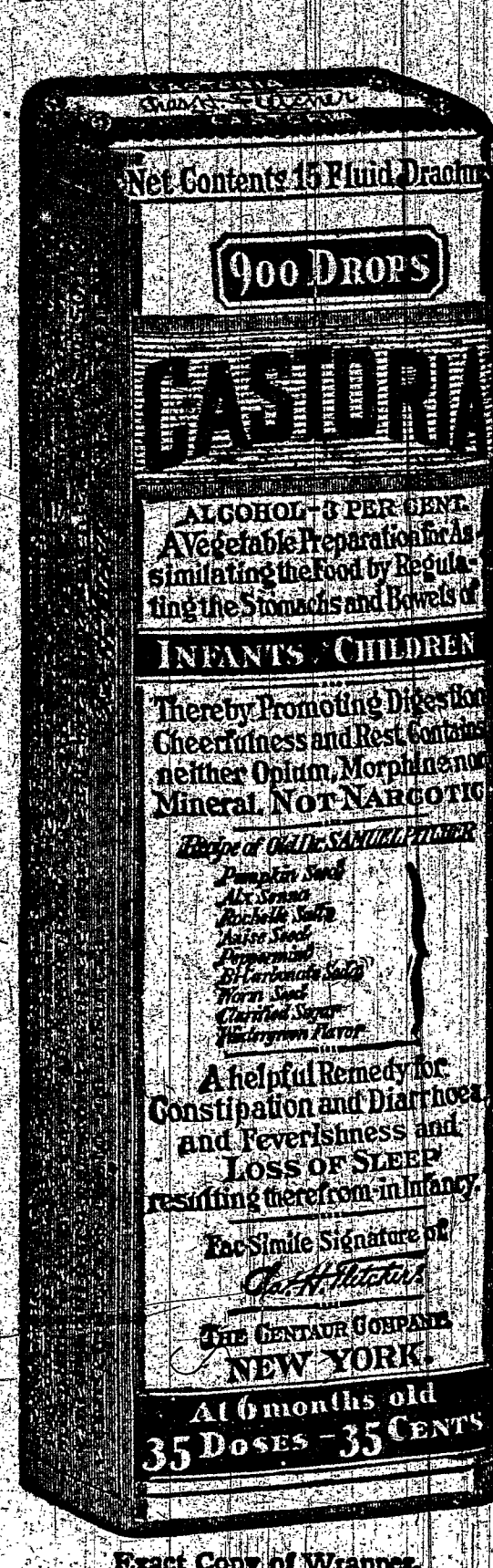
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## Imitations Are Dangerous.

AN OHIO druggist writes to "The Practical Druggist," a prominent New York Drug Journal, as follows: "Please furnish formula for Castoria. All the formulas I have worked with are either ineffective or disagreeable to administer."

To this "The Practical Druggist" replies: "We do not supply formulas for proprietary articles. We couldn't if we wanted to. Your experience with imitative formulas is not surprising, but just what is to be expected. When Castoria is wanted, why not supply the genuine? If you make a substitute, it is not fair or right to label it Castoria. We can give you all sorts of laxative preparations for children, but not Castoria, and we think a mother who asks for Castoria would not feel kindly toward you if you gave her your own product under such a name."

No mother with a spark of affection for her child will overlook the signature of Chas. H. Fletcher when buying Castoria.



Exact Copy of Wrapper.

## Children Cry For Fletcher's CASTORIA

Mothers Must Use Care.

Why do we so often call your attention to imitations of Fletcher's Castoria? Because it is a baby's medicine and imitations are always dangerous, particularly imitations of a remedy for infants.

Your druggist may not keep an imitation but they are to be found on drug-store shelves. Reliable druggists think only of the welfare of their customers. The other kind only of the greater profit to be made on imitations.

Your own judgment tells you that Fletcher's Castoria having for over thirty years a great expense held up its reputation, must jealously guard it. Then, it follows that this company must use the very best of material. Must employ experts in the selection of the herbs. Must retain skilled chemists in its manufacture.

Your same good judgment must tell you that these irresponsible imitators are trading on your credulity and the reputation built up by Mr. Fletcher, during all these years, for his Castoria.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of

Chas. H. Fletcher.

THE CENTAUR COMPANY, NEW YORK CITY.

Dr. Perry's "Dead Shot" is powerful but safe. One dose is enough to expel worms from the system. No castor oil necessary. Adv.

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Neutralized Poison Gas. "Neutralizing ointment" is one of the latest war inventions. It is publicly revealed in an official description of the protective devices against gas attacks issued to our troops. The mask, with its contained chemicals for neutralizing any poisonous fumes that creep in is familiar. But one so-called gas is a liquid and because of its blistering effect the soldiers have given it the name of "mustard gas."

When an area is drenched with the stuff the menace may persist for many days. The pest is not from the liquid itself. Mustard gas burns through the clothing, and makes painful wounds where the flesh is reached. The newly invented ointment must apparently be rubbed all over the body, as well as on face and hands, to prepare the soldier when the enemy's bursting shells are spraying this horrible gas about.

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**OXIDINE FOR MALARIA**

Kills chills and keeps off fevers. Fine tonic. At your drug store. For 60c. Money back if no relief. Made and GUARANTEED by WENNS DRUG CO., Waco, Texas.

**Let Cuticura Be Your Beauty Doctor**

All druggists, Soap & Ointment & 40, Tablets. Retailer (dime) costs 75c for 100 cents. Write today. 221 First St., St. Louis, Mo.

**It's toasted**

**LUCKY STRIKE cigarette**

It's toasted to increase the good, wholesome flavor of the Kentucky curly tobacco. A regular man's smoke and taste!

Manufactured by The American Tobacco Co.



